## DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



**VOLUME XXI, ISSUE 6** 

A newsletter for D.C. Seniors

**June 2006** 

# Celebrating Older Washingtonians and 30 years of the Office on Aging





By E. Veronica Pace

June is here, and as we usher in the summer season, let us recap the exciting events of Older Americans Month.

Nearly 3,000 Older Americans celebrated Senior Day at the Armory. A good time was

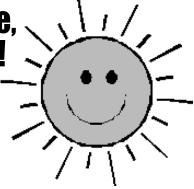
had by all. We had life-sustaining information, volunteer opportunities and sign-up, facials, manicures, massages, health screenings, live music and dancing. The theme for the 42nd Annual Senior Citizens' Day was "Choices for Independence." We have pictures for you in this issue.

This month, we pause to salute our men during Men's Health Week and Father's Day, be they husbands, fathers, brothers, sons or friends. Let us make sure we encourage our men to become and remain healthy, fit and open to choices for independence. Many will not visit the doctor regularly or eat balanced and nutritious meals, which include nine servings of fruits and vegetables daily. Help us keep the men in your lives healthy — encourage them to eat better and move more.

A reminder regarding Medicare Part D: Any D.C. senior with questions or concerns may call the D.C. Health Insurance Counseling Project at 202-739-0668.

We end the month with the Ms. Senior D.C. Pageant. This year the theme is "Celebrating Mardi Gras in Honor of Hurricane Katrina Survivors." Join us on June 25 at UDC at 2 p.m. Women 60 years of age and older will compete for the title of Ms. Senior D.C.







The Executive Director of the D.C. Office on Aging, E. Veronica Pace, is the newest inductee into the Washington, D.C. Hall of Fame. This 7th annual event honors the inductees' lifelong mission and work, and commitment to the advancement of the District of Columbia and its neighborhoods.

Legacy awards are given in the area of business, communication, community development, cultural arts, education, health, law, politics/government, religion, science/architecture and sports. Awards for regional and lifetime achievement and posthumous awards are also given.

Pace was awarded the Legacy Award for Government and Politics. She was recognized for more than 35 years of outstanding public service, for her work as a coordinator for the Women's Program Managers, and as a leader of the movement to appoint women in top leadership positions in the District of Columbia Government and to uniform ranks of the police and fire departments.

As the leader of the government agency responsible for programs and services for the eld-

erly, she has overseen the expansion of a comprehensive system of care in the areas of health, education, employment and social services.

Pace, a native Washingtonian, is also recognized as the founder of the Senior Wellness Movement in the District of Columbia. Washington Seniors Wellness Center, which recently reopened after being closed for renovations, was the first wellness center in the District. The second, Model Cities Senior Wellness Center, also recently completed renovations. The new kid on the block — Congress Heights Senior Wellness Center — is newly constructed. Pace is also working on sites in Wards 1, 4 and 6.

For more information about the city's wellness centers, contact:

Washington Seniors Wellness Center, 3001 Alabama Avenue, S.E., 202-581-9355

Model Cities Senior Wellness Center, 1901 Evarts Street, N.E., 202-635-1900

Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr., Ave., S.E., 202-563-7225

# **Community Calendar**

#### June events

**Spotlight On Aging** 

### 5th, 9th, 16th, 26th

#### • 11:30 a.m. to 12:30 p.m.

Learn how to relieve your pain through self-message sessions. Tui Na, an ancient Chinese bodywork method, will be demonstrated. The classes will take place at the newly renovated Washington Seniors Wellness Center at 3001 Alabama Ave., S.E. For more information, call Vanessa Williams-Harvin at 202-581-9355.

#### 8th • 10:30 a.m. to 2:30 p.m.

United Planning Organization's Project KEEN is holding a program titled "A Salute to Fathers" at the Phillip T. Johnson Senior Center, 3200 S St., S.E. The men at the center will enjoy their status of "King for a Day" as the women return the favor of serving snacks and services that the men helped with for the Mother's Day celebration. Call Robinette Livingston at 202-584-4431 for more information.

#### 10th • noon

In honor of National Dairy Month, United Planning Organization's Weekend Nutrition Program will host a tasting of a variety of low-fat cheeses. The event will meet at their offices, 1649 Good Hope Rd., S.E. For more information, call Evelyn Minor at 202-610-5857.

#### 11th • 12:15 p.m.

Take a walk down to Haines Point with the walking club at the United Planning Organization's Weekend Nutrition Program. The group will meet first at their offices, 1649 Good Hope Rd., S.E. For more information, call Evelyn Minor at 202-610-5857

#### 13th • 11:30 a.m. to 12:30 p.m.

Bring your medications in and discuss your health with a pharmacist at a medication check. It will be held at the newly renovated Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. For more information, call Vanessa Williams-Harvin at 202-581-9355.

#### 13th • 6 to 7:30 p.m.

Join Betsy Bowman of the DriveWell program to discuss the need for family conversations that can lead to increased safety for older drivers. Bowman will outline practical ideas about ways to prepare for and begin conversations with your family member or friend. It will be at IONA Senior Services offices, 4125 Albemarle St., N.W. Call 202-966-1055 to register.

#### 14th • 10 a.m.

Emmaus Services for the Aging will host a fishing trip and cookout at Haines Point. The group will depart from and return to Emmaus' offices, 1426 9th St., N.W. Call James Thompson at 202-745-1200 to register for the trip.

#### 14th • 10:30 a.m. to noon

Come to a seminar titled "Healthy Wealthy Men" where senior men and health professionals will discuss the topic of maintaining good health. It's being offered as part of Men's Health Week at the Phillip T. Johnson Senior Center, 3200 S St., S.E. For more information, call Robinette Livingston at 202-584-4431.

#### 17th • 12:15 to 1:30 p.m.

A Health & Nutrition workshop will be held at the United Planning Organization's Weekend Nutrition Program headquarters, 1649 Good Hope Rd., S.E. This workshop is being offered in conjunction with Men's Health Month. Call Evelyn Minor at 202-610-5857 for more information.

#### 19th • 1 to 2 p.m.

Dwelling Place Senior Center is hosting a Juneteenth concert featuring music by REVERB. The center is located at 2812 Pennsylvania Ave., S.E. Call Lisa Gilliams at 202-582-7138, ext. 108 for more information.

#### 22nd • 2:30 to 3:30 p.m

IONA Senior Services will host Dr. Gene Cohen, author of The Mature Mind: The Positive Power of the Aging Brain. Hear Cohen speak about the topic of creative aging, and get your copy of his

book signed. It will take place at 4125 Albemarle St., N.W. Call 202-895-9448 to register for the event or to order a copy of Dr. Cohen's book.

#### 24th • noon to 3 p.m.

Attend a program titled "Sassy Sewing Seniors" that includes lunch and a fashion show. It is being sponsored by the United Planning Organization's Project KEEN and will take place at Emmanuel Baptist Church, 2409 Ainger Pl., S.E. A \$25 contribution is requested. For further information, call 202-388-4280.

## **Ongoing**

#### **Mondays - Fridays**

• 11 a.m.

Lunch is served at Emmaus Service for the Aging, 1426 9th St., N.W. Free hot meals are available daily. For more information, call Edwinta Jenkins at 202-745-1200.

## Tuesdays and Thursdays

#### • 9:30 a.m.

Join gardening classes through Emmaus Services for the Aging. The classes are given using a "raised" garden, ideal for seniors who need to sit while gardening. They are held at Emmaus' offices, 1426 9th St., N.W. For more information, call James Thompson at 202-745-1200.

#### **VOLUNTEERS NEEDED!**

The Dwelling Place Senior Center is looking for volunteers to facilitate both individual projects and group projects. Volunteers are needed in the following areas: escorts for trips, fitness and dance instructors, manicurists and artists skilled in painting and ceramics. There are other monthly projects in need of volunteers as well. To learn more or to volunteer, call Jenna Jones at 202-581-8000, ext. 104.

# FREE Energy Star Refrigerator and Window Air Conditioner for Income-Eligible D.C. Residents

The DC Energy Office (DCEO) is offering to replace old, energy deficient refrigerators and window air conditioners for income-eligible D.C. residents.

First, the Weatherization Energy Star Appliance Program (WESAP) will conduct a home energy audit for the applicant. The audit will determine the make, model and energy consumption usage of the current refrigerator and window air conditioner. If the audit recommends a more efficient appliance, the applicant will receive one or both appliances for free.

The DC Energy Offers expects to replace more than 2,500 refrigerators and window air conditioners by September 30.

Interested persons must apply for WESAP by first scheduling an appointment. Applicants should call the DC Energy Hotline at 202-673-6750. You can find more details on WESAP by visiting the DCEO Web site at www.dceo.dc.gov.

### **WESAP Income Eligibility Guidelines**

Household Size	Maximum Annual Income
1	\$14,355
2	\$19,245
3	\$24,135
4	\$29,025
5	\$33,915
6	\$38,805
7	\$43,695
8	\$48,585

### **SPOTLIGHT ON AGING**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action

The Office on Aging is in partnership with the District of Columbia Recycling Program.



# Abuse of the elderly

Until the advent of initiatives to address child abuse and domestic violence in the last quarter of the 20th century, abuse of the elderly remained a private matter, well hidden from public view. Today, it is increasingly being seen as an important problem and one that is likely to grow as many countries experience rapidly aging populations. It is predicted that by the year 2025, the global population of those aged 60 years and older will more than double, from 542 million in 1995 to about 1.2 billion.

Similar to other types of violence, abuse of the elderly includes physical, sexual and psychological abuse, as well as neglect. Elderly people, though, are also vulnerable to economic abuse, in which others make improper use of their resources.

#### THE EXTENT OF THE PROBLEM

Information on the extent of abuse in elderly populations is scant. The few population-based studies that have been conducted suggest that between 4% and 6% of elderly people have experienced some form of abuse in the home.

The elderly are also at risk of abuse in institutions such as hospitals, nursing homes and other long-term care facilities. In a survey in the United States, for example, 36% of nursing-home staff reported having witnessed at least one incident of physical abuse of an elderly patient in the previous year, 10% admitted having committed at least one act of physical abuse themselves, and 40% said that they had psychologically abused patients.

Abusive acts within institutions for the elderly also include physically restraining patients, depriving them of dignity and choice over daily affairs, and providing insufficient care (for example, allowing them to develop pressure sores).

#### THE CONSEQUENCES OF ELDER ABUSE

For older people, the consequences of abuse can be especially serious because their bones are more brittle and convalescence takes them longer. Even a relatively minor injury can cause serious and permanent damage.

#### WHAT ARE THE RISK FACTORS **FOR ELDER ABUSE?**

A number of situations appear to put the elderly at risk of violence. In some cases. strained family relationships may worsen

as a result of stress and frustration as the older person becomes more dependent. In others, a caregiver's dependence on an older person for accommodation or financial support may be a source of conflict.

Social isolation is a significant risk factor for an older person to suffer mistreatment. Many elderly people are isolated because of physical or mental infirmities, or through the loss of friends and family members.

Cultural and socioeconomic factors that may affect the risk of elder abuse include:

- the depiction of older people as frail, weak and dependent
- erosion of the bonds between generations of a family
- restructuring of the basic support networks for the elderly
- systems of inheritance and land rights, affecting the distribution of power and material goods within families
- migration of young couples to other areas, leaving elderly parents alone, in societies where older people were traditionally cared for by their offspring.

Older men are at risk of abuse in about the same proportion as women. But in cultures where women have inferior social status, elderly women are at special risk of being abandoned when they are widowed and having their property seized.

Within institutions, abuse is more likely to occur where care standards are low, staff are poorly trained or overworked, interactions between staff and residents are difficult, the physical environment is deficient, and where policies operate in the interests of the institution rather than of the residents.

#### WHAT CAN BE DONE TO PREVENT **ELDER ABUSE?**

Countries around the world are at varying stages in their national and local response to the care and protection of the elderly. While some countries include abuse of the elderly under their legal statutes and have fully developed systems for reporting and treating cases of abuse, others have a much more limited response.

#### **Social services**

In general, countries that deliver services to abused, neglected or exploited older people have done so through the existing health and social services net-

work. Such services typically include medical, legal, psychological and financial, as well as help with housing and other environmental issues.

Other interventions include emergency shelters, support groups specifically aimed at older abused people, and telephone helplines. In some low-income countries, local projects have been established to help older people plan programs and develop their own services.

#### **Health care**

In some countries, the medical profession has played a leading role in raising public concern about elder abuse. However, few intervention programs for abused elders are housed in hospital settings and many doctors do not diagnose abuse because it is not part of their training.

Some of the signs and symptoms of abuse include:

- delays between injuries or illness and seeking medical attention
- implausible or vague explanations for injuries or ill-health, from either patient or caregiver
- differing case histories from patient and caregiver
- frequent visits to emergency departments because a chronic condition has worsened. despite a care plan and resources to deal with this in the home
- functionally-impaired older patients who arrive without their main caregiver
- laboratory findings that are inconsistent with the history provided.

#### **Education and public awareness** campaigns

Public education and awareness raising are important elements in preventing abuse and neglect. The aim of such efforts is to inform practitioners and the general public about the various types of abuse, how to identify the signs and symptoms of abuse and where help can be obtained.

The media can also be a powerful tool for changing attitudes and reducing stereotyping of the elderly.

Educational programs aimed at older people themselves are usually more successful if the information on abuse is woven into wider topics, such as successful aging or healthcare.

# Senior Day 2006 "Choices for Independence"

Ms. Senior D.C. **Sandra Bears** chose to sing at Senior Day.









**Seniors** chose to dress up for **Senior** Day.



Seniors chose to be relaxed.

# **Saluting men during** *Men's Health Week 2006*June 12-18, 2006 • Awareness, Prevention, Education, Family



#### **MERRITT L. JOHNSON**

**Deputy Mayor Walker** proclaims Senior Day

> on behalf of **Mayor Williams.**

Outstanding Male Athlete of the Golden Olympics, Merritt Johnson is the proud father of two. His daughter, a local tennis player, is a recent inductee in the Howard University Athletic Hall of Fame.

Johnson competes annually in the Golden Olympics in the basketball free throw shootout, 50 and 100 meter races, softball and baseball throw, shot put, running long jump, horseshoe pitching, table tennis and 8 ball pool. He said, "It gives me great satisfaction to come out here, compete and know that I can still do it."

A retiree from the federal government, he still is very active in community activites and charity events, including Capital Challenge, AARP, Project KEEN and Dupont Park Civic Association. Mr. Johnson will compete in June 2007 in the National Senior Games in Louisville, KY.



#### **JOE JACKSON**

For many years, Joe Jackson has played his music with the "Diplomats" in various venues around the city. Joe Jackson is the proud father of 16 children. This Northeast, D.C. resident can also be seen around town dancing with his lovely wife

Dorothy Jackson, Ms. Senior D.C. 1993.



#### **ERNEST POSTELL**

Working hard for the seniors in Ward 6, Ernest Postell retired from the General Services Administration Protective Services. In his position in security services he supervised 175 officers.

Mr. Postell now serves as a staunch advocate for older residents. He is very Aging. He leads with a smile and a strong hand.

concerned about adult abuse. As a Commissioner on Aging, Mr. Postell works closely with a minicommission on aging. They plan many events throughout the year, including a health fair. Mr. Postell manages to do all of this and serves as primary caregiver for his wife.



#### **SAMMY GAWAD**

Sammy Gawad has worked in finance for his entire career. In the District Government he worked in the Department of Finance and Revenue before coming to the Office on Aging.

The proud father of four children, he recently lost his youngest son due to illness. Sam currently oversees the Finance, Technology, Employment and Customer Service and Community Relations Units of the Office on